



Veterans COD Services Tool Box

1) Veterans and Active Military – Publications available via the Web

*Assorted publications related to treatment for veterans,
from federally supported organizations.*

Substance Abuse and Mental Health Services Administration (SAMHSA): New Treatment Improvement Protocols from the Center for Substance Abuse Treatment – These additions to the TIP series gather useful information:

Incorporating Alcohol Pharmacotherapies into Medical Practice

This TIP provides clinical guidelines for the proper use of medications in the treatment of alcohol use disorders. The underlying objective is to expand access to information about the effective use of these medications, not only in specialty substance abuse treatment programs but through physicians' offices and other medical care settings.
<http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=18117>

Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment

This TIP is designed to assist substance abuse counselors in working with adult clients who may be suicidal and will help clinical supervisors and administrators support the work of substance abuse counselors.
<http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=18118>

Center for Disease Control and Prevention (CDC)

Alcohol and Suicide Among Racial/Ethnic Populations: 17 States, 2005-2006

This CDC study is unique because it examines the association of alcohol and suicide in several racial and ethnic groups simultaneously. The study showed that alcohol was linked to suicide across a variety of populations including sex, age, and racial and ethnic groups. The results from the 17 states show that almost one-quarter of those who died by suicide when they were tested for alcohol were above the legal limit for alcohol intoxication.
http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5823a1.htm?s_cid=mm5823a1_e

Addiction Technology Transfer Center (ATTC) Network Resources

Established in 1993 by [SAMHSA](http://www.samhsa.gov), the ATTC Network is comprised of 14 Regional Centers and a National Office. ATTC takes a unified approach in delivering cutting-edge knowledge and skills in order to develop a powerful workforce to improve the quality of addictions treatment and recovery services.

See their website,
<http://www.attcnetwork.org/index.asp>
for assorted resources,
including this selection of documents:

“We know from the change literature that it takes 15 or more years for new practices to be incorporated into everyday settings. Although we are getting smarter about how to support adoption of evidence-based practices, the message here is to stay with it.”

Sederer, Lloyd I., M.D., “Mental Health Policy and Services Five Years After the President’s Commission Report: An Interview with Michael F. Hogan,” *Psychiatric Services*, November 2008, Vol. 59. No.11. page 1243.

California Department of Alcohol and Drug Programs, Co-Occurring Disorders (COD) Unit

“Issues Facing Returning Veterans” (from 11/1/2007):

http://store.ireta.org/merchant2/merchant.mvc?Screen=PROD&Store_Code=I&Product_Code=nwl988-DLD1.pdf&Category_Code=nwl

“The Returning Veteran’s Journey – Where Trauma and Substance Abuse Intersect” (8/08)

<http://www.attcnetwork.org/userfiles/file/Vol%20%2011%20Issue%208%20NEW.pdf>

U.S. Departments of Defense and of Veterans Affairs:

Clinical Practice Guidelines Management of Substance Use Disorder

This guideline describes the critical decision points in the Management of Substance Use Disorder and provides clear and comprehensive evidence based recommendations incorporating current information and practices for practitioners throughout the Department of Defense and VA Health Care systems.

Available in full (168 pp.) or summarized form (68 pp.):

http://www.healthquality.va.gov/Substance_Use_Disorder_SUD.asp

“The best thing you can do for a military teen is know who they are and be there when they need someone to talk to.”

From “Deployment + Family Research” page of the National Military Family Association:

<http://www.militaryfamily.org/publications/deployment-family-research/transitions-teens-guide.html>

2) Military & Vets’ Families

National Military Family Association – Research, Reports, Guides, Toolkits, and Studies

Diverse reports and guides on topics such as spousal education; family supports; and the impacts of increased deployments into combat zones, longer work hours, and intensive training schedules:

<http://www.militaryfamily.org/publications/reports/>

Additionally, specific tools about military children and the deployment experience at

<http://www.militaryfamily.org/publications/deployment-family-research/>, **including the following:**

A Toolkit about Military Teens

<http://www.militaryfamily.org/publications/deployment-family-research/toolkits.html>

Transitions & Teens: A Guide for Military Parents

This is one of several teen-focused resources available via a link to <http://www.timetotalk.org/military/>

Resiliency Recommendations for Soldiers’ Children: “Fostering Resiliency in Kids”

This handy two-page document, put together by the Office of Superintendent of Public Instruction, Washington State, is directed at classroom teachers but is readily adaptable to other group situations – with children and adults alike. It briefly explains resiliency and provides four steps and ten tips for **reducing risk factors** and **increasing protective factors**:

<http://www.k12.wa.us/OperationMilitaryKids/pubdocs/ToughTopics4Resilience.pdf>

The National Child Traumatic Stress Network (NCTSN)

Child traumatic stress occurs when children and adolescents are exposed to traumatic events or traumatic situations, and when this exposure overwhelms their ability to cope with what they experienced....While some children "bounce back" after adversity, traumatic experiences can result in a significant disruption of child or adolescent development and have profound long-term consequences.

California Department of Alcohol and Drug Programs, Co-Occurring Disorders (COD) Unit

The NCTSN site also addresses both chronic and acute traumatic stress and provides information and tools for professionals and the public: http://www.nctsn.org/nccts/nav.do?pid=hom_main

Also note, **products developed by the NCTSN** are at http://www.nctsn.org/nccts/nav.do?pid=ctr_rschr_prod#q5

SAMHSA Materials on the Cases and Consequences of Childhood Traumatic Grief, along with Information about the Promising Treatments

- “The Courage to Remember Training Video” is for those seeking advanced training in treatment techniques for childhood traumatic grief. It is recommended for either individual or group training use by medical, mental health, bereavement, and pastoral care personnel.
- Accompanying curriculum guide materials for “The Courage to Remember Training Video” (see prior page) are provided in print as well as in PDF format for printing from the CD-ROM.



Each video is 35 minutes long and the print materials total more than 80 pages. To order this curriculum, call **1-877-SAMHSA-7 (1-877-726-4727)**. Ask for publication number SMA-4303.

For more information download NCTSN’s Childhood Traumatic Grief Educational Materials (see reference above): http://www.nctsn.org/nccts/assets/pdfs/reports/childhood_traumatic_grief.pdf

SAMHSA Newsletter Focusing on Children and Trauma:

http://www.samhsa.gov/samhsaNewsletter/Volume_16_Number_5/HelpingChildren.aspx

Transitional Living Home for Female Veterans and Their Children

Located in Fresno, this is a new programs funded by the Grant and Per Diem Program: (additional information under Homeless). This **2-year program** has wrap-around supportive services attached, in an alcohol and drug free living environment.

- Clients attend programs at the local VA – or other out-patient programs, not related to the VA – for all their mental health treatment and counseling sessions.
- Offers additional group sessions for military sexual trauma, life skills, and parenting.
- Other services include education, employment services, assistance with permanent housing, individual counseling sessions, and assistance with VA benefits.

For admission or further information, call **1-559-255-8838** or email Seanna.Herring@westcare.com

3) Homeless Programs

Homeless/Nearly Homeless Veterans and Families

You can make connections with the **Veterans Administration (VA)** to get services and housing assistance for veterans with COD. Particularly in the current fiscal environment, service providers may find such contacts important to leverage federal resources, especially in regards to contracting mechanisms between VA geographical sub-units and local service providers.

This VA web page contains information about several programs and a link to contact information: www.va.gov/homeless or call toll free **1-877-424-3838**.

In addition to the links on the above VA page, see the link below for more links about the special – **Grant and per Diem Program**: <http://www1.va.gov/HOMELESS/GPD.asp>

Veterans Affairs Supportive Housing

With this **VASH** program, Housing and Urban Development and the VA are administering thousands of new housing vouchers linked to VA case management services for homeless veterans at VA's medical centers and in the community, (This is a major expansion of a program that had operated at a much smaller scale 20 years ago.) Information about VASH is on this HUD website, including numerous links, such as ones to slide presentations that describe the program:

<http://www.hud.gov/offices/pih/programs/hcv/vash/>

(Also see: "Transitional Living Home for Female Veterans and Their Children" in part 2 above.)

4) Health Care, Assessment, Crisis Help, and Other Support – by Web or Phone

Military Mental Health Care Information & Self-Assessment

- Free private and confidential online and phone mental health self-assessment for –
 - Depression
 - PTSD
 - Anxiety Disorder
 - Bipolar Disorder
 - Alcohol Abuse.
- Provides feedback and referral information on TRICARE, Vet Centers, Military One Source, and Deployment Health for family members and service personnel affected by deployment and mobilization.
- Online and phone self-assessment approach is designed to help service members and families identify symptoms and obtain assistance.

Toll-free self-assessment: **1-877-877-3647**.

Available 24/7 at www.MilitaryHealth.org



The Survivor's Tale

"In the survivor's tale, we work with an experience to a point where we can begin to reclaim our sense of self as one who now includes this changed circumstance. We come up with two layers of explanation: one that is usually casual and social and another that is more intimate and honest. We look for reassurance that we are still part of the bigger story, that others have gone through this and left us their maps of story. We lay tracks for making our own way through. We may find support groups, formal and informal, and form meaningful bonds with others living through similar experiences. The survivor's tale proclaims a level of confidence: we're alive on this side of a major event, we are restabilizing, everything is going to be okay. We work to make our experience manageable."

From *Storycatcher, Making Sense of our Lives through the Power and Practice of Story*,
by Christina Baldwin:

<http://storycatcher.net/excerpt.ch5.html>

Free Medical and Health Care for Two Years after Discharge from Active Duty: Veterans Affairs (VA)

For conditions possibly related to combat theatre service, regardless of income status. After two years, VA services continue to be available to eligible veterans, with co-pays based on income.

General information phone number for VA questions:

1-877-222-VETS (1-877-222-8387)

California Department of Alcohol and Drug Programs, Co-Occurring Disorders (COD) Unit

Specialized Health and Counseling Services for Women Who Have Served

Contact Women Veteran Program Managers at <http://www.publichealth.va.gov/womenshealth/index.asp>

My HealthVet Website

Offers veterans, active-duty service members, dependents and caregivers 24/7 online access to VA healthcare information and services. Featured services include access to trusted health information, links to federal and VA benefits and resources, the Personal Health Journal, and refill of prescriptions online.

Go to <http://www.myhealth.va.gov/>

Six Months of Mental Health Care after Discharge from Active Duty

Soldiers and their families are eligible for TRICARE Behavioral Health Plan. Go to <http://www.tricare.mil/> or hear recorded mental health information, available 24/7:

“Audio Health Information”: **1-877-TRICARE (1-877-874-2273)**.

Toolkit for Wounded, Ill and Injured Service Members

TRICARE provides a variety of items for educating audiences regarding these TRICARE benefits: <http://www.tricare.mil/wii/>

Private, Confidential Information/Referral Service for National Guard Members, Their Families

Military One Source is available 24/7:

- Services include referrals to match specific needs, interactive website, educational materials, and research on issues and resources.
 - Counseling professionals include psychologists, social workers, marriage and family counselors, and child and youth counselors.
 - Services provided at no cost to service members or their families for issues related to depression, stress and anxiety, grief and loss, anger management, marriage/relationship, family, and parent/child communication.
- Short-term, face-to-face counseling by professionals in the community (up to six sessions per issue).
 - Services also available for six months after discharge from the National Guard.

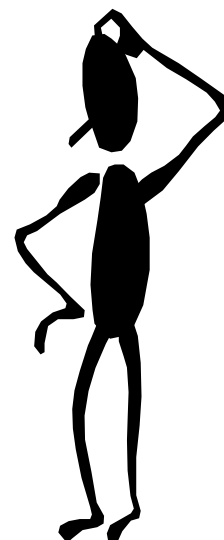
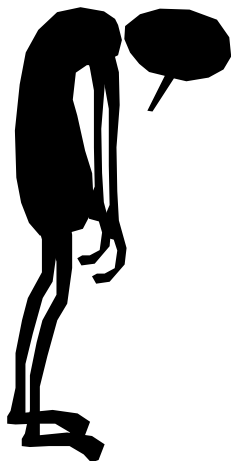
Contact toll free **1-800-342-9647** or **1-888-755-9355** or go to <http://www.militaryonesource.com/home.aspx?MRole=&Branch=&Component>.

Troop and Family Counseling Services for National Guard and Reserves

Private and confidential access to counseling services 24/7, year-round.

- Counseling professionals include psychologists, social workers, marriage and family counselors, and child and youth counselors.
- Soldiers and family members are entitled to six prepaid face-to-face counseling sessions for issues related to depression, stress and anxiety, grief and loss, anger management, marriage/relationship, family, and parent/child communication.
- No cost to service member or family.
- Services available for up to six months after discharge from the National Guard.

Contact toll free **1-888-755-9355**.



California Department of Alcohol and Drug Programs, Co-Occurring Disorders (COD) Unit

Post Deployment Health Reassessment

This service seeks to identify deployment-related mental health concerns and to make appropriate referrals. The reassessment also addresses health concerns and is conducted 6 months after return from deployment.

Contact military unit to schedule or go to <http://www.pdhealth.mil/>

Research, Training, and Education on Trauma and PTSD

The National Center for PTSD helps U.S. veterans and others by providing assorted services:



- Where to get help for PTSD
- What's new in TBI and PTSD
- Coping with traumatic stress reactions, anniversary reactions
- Treatment programs & more.

Each center within the VA provides treatment, including 20 specialized PTSD treatment programs.

Program services include one-to-one mental health assessment and testing, medications, one-to-one psychotherapy and family therapy, and group therapy (covering topics such as anger and stress, combat support, partners, or special groups for veterans of specific conflicts).

Specialized Outpatient PTSD Programs (SOPPs) are offered through three clinics:

- PTSD clinical teams (for group and one-to-one treatment),
- substance use PTSD teams (to treat the combined problems of PTSD and substance abuse), and
- women's stress disorder treatment teams (providing women veterans both one-to-one and group treatment).

Additionally, some sites offer specialized intensive PTSD programs and other options, such as community-based outpatient clinics and Vet centers.

Contact the local VA for information about PTSD treatment programs in your area, or call VA Benefits at **1-800-827-1000** or VA Health Care Benefits at **1-877-222-8387** or go to the U.S. VA facilities locator webpage at <http://www2.va.gov/directory/guide/home.asp>

Get further details at <http://www.ptsd.va.gov/public/index.asp>

VA Polytrauma Facilities

The VA Polytrauma System of Care includes four Polytrauma Rehabilitation Centers and 21 Polytrauma Network Sites. The VA will soon be adding Polytrauma Support Clinics which will provide outpatient care and post-release follow-up even closer to veterans' homes. For a list of VA Polytrauma Facility locations, go to http://www.polytrauma.va.gov/facility_locations.asp?isFlash=1



Veterans Suicide Prevention Hotline for Veterans

As a result of the VA's partnership with SAMHSA and the National Suicide Prevention Lifeline, this national hotline ensures free 24/7 access to trained counselors for veterans in emotional crisis.

Veterans, call the lifeline number at **1-800-273-TALK (1-800-273-8255)** and **press "1"** for the Hotline.

The Veterans Suicide Prevention website at <http://www.suicidepreventionlifeline.org/Veterans/Default.aspx> also features a live 24/7 **veterans chat** for emotional distress plus one for **homeless vets**, and **other online resources**.

Jail Diversion and Trauma Recovery Programs

Information on involving veterans in Jail Diversion (usually for COD or mental health reasons) and Trauma Recovery programs, with outlines of sound principles regarding people's lived experiences and meaningful involvement in services that involve them: http://www.gainscenter.samhsa.gov/pdfs/veterans/levelingthefield_veterans.pdf

5) Trauma-Informed Care and Services

National Center for Trauma-Informed Care

Assorted Documents and Slide Shows

These items are from the ADP-sponsored trainings which offered an overview of the effects of trauma, trauma-informed care, trauma-informed services and the physiological responses to trauma. Also highlighted are best practices on trauma issues impacting clients, **including veterans**:

how being trauma-informed changes your perspective of individuals from "what's wrong with you" to "what happened to you."

Note – This link connects to a slide show, "Trauma Informed Care with Veterans":

<http://www.cce.csus.edu/conferences/adp/rttic09/handouts.htm>

Trauma-Informed Care

"To what extent are program activities and settings consistent with five guiding principles of trauma-informed practice:

- **safety,**
- **trustworthiness,**
- **choice,**
- **collaboration, and**
- **empowerment?**

"... To what extent do the program's activities and settings maximize consumer experiences of choice and control?"

(Reformatted) From "Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol Roger D. Fallot, Ph.D. and Maxine Harris, Ph.D. July, 2009, available at: <http://www.annafoundation.org/CCTICSELFASSPP.pdf>

"Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol" by Roger D. Fallot, Ph.D. and Maxine Harris, Ph.D. July, 2009 (of Community Connections: www.ccdc1.org).

This 18-pages guide provides a brief overview on the impacts of trauma and the importance of organizational change to facilitate trauma-informed care. Also outlines the change process and protocol to support program-wide trauma-informed services: <http://www.annafoundation.org/CCTICSELFASSPP.pdf>

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